

Lake Vyrnwy Spa





Lake Vyrnwy Spa

Lake Vyrnwy Hotel remains a historic Country House set in acres of breathtaking scenery. We have grown over the years to incorporate a world class spa with a view.

ESPA was born from the belief that in order to progress with pace, you need to stop, recharge and reconsider. Its products combine the most effective natural ingredients with rigorous testing to ensure the highest level of efficacy and relaxation in whichever treatment you book.

Here at Lake Vyrnwy you can enjoy a wide range of ESPA treatments to nurture your skin and experience rituals that will take your mind to a calmer place. Enter a state of utter tranquillity in the thermal suite; featuring Experience Showers, Whirlpool, Salt Steam and Sauna. For those wishing to work out you can do so whilst taking in the spectacular lake view in the fully equipped fitness suite.

We look forward to welcoming you to the spa at Lake Vyrnwy Hotel and share with you this luxurious experience. The beautiful natural environment that encompasses the spa only adds to the indulgence and rejuvenation felt during your time with us.

Whether you come to unwind with friends, with a loved one or by yourself, prepare to immerse yourself in a world of tranquillity.

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Thermal Suite

Dip a toe or take the full journey through water, fire and ice.

Explore the elements in our Thermal Suite. Combining different temperatures for a whole body experience; together they bring relaxation, cell renewal and stimulate circulation for a healthy glow while you are captivated by the breathtaking lakeside view.

Follow the path of wellbeing and relaxation...

Experience Showers

Enjoy our Experience Showers of Monsoon & Fragrant Mist. By blending cold and warm water, the Experience Showers invigorate the body in a multi-sensory experience and perfectly complement the sauna and steam treatments.

Salt Steam

Using the healing properties of salt and an infusion of eucalyptus, our steam room helps relieve aches and pains of daily life.

Sauna

A Scandinavian tradition, our sauna induces removal of toxins and boosts circulation, whilst the mood enhancing lights and stunning lake views ensure total relaxation.

Ice Fountain

For total body invigoration combine crushed ice immediately after fire treatments.

Whirlpool

With spectacular lake views from the heated whirlpool you can't help but feel totally relaxed.

Tepidarium Couches

End your journey through the Thermal Suite, experience comfort of the mind and body by relaxing on these heated loungers.

Use of our Thermal Suite is £10 per person, per day for residential guests, £20 for non-residential guests.

Please note, we do not have a swimming pool at the Hotel.



ESPA *Intensive Facials*

Every ESPA facial is specifically tailored to you. All of our facials begin with a detailed consultation, and include cleansing, exfoliation, massage, and skincare products for your individual needs.

Age - Defier Facial

55min

£60

A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles. This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

Skin Radiance Facial

55min

£55

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance. A special application of ESPA Skin Radiance Moisturiser helps to smooth and brighten the skin to deliver instant results.

Re - Hydrator Facial

55min

£55

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished. Gentle cleansing and exfoliation helps the skin absorb replenishing face oils and masks to deeply moisturise and soothe the complexion.

De - Sensitiser Facial

55min

£55

A comforting facial for sensitive skin prone to redness and irritation. This soothing facial helps reduce skin sensitivity leaving skin calmed, nourished and comfortable. Calming aromatherapy oils are used to gently cleanse, nourish and hydrate fragile skin.

Skin Purifying Facial

55min

£55

Ideal for oily, congested and problematic skin. This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential tea tree and white thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

*Continue your journey of relaxation by adding a **Back, Neck & Shoulder Massage** to your treatment or a **Lift & Firm Eye treatment** for truly visible results.*



Body Experience

Each of our solution-led body treatments are designed and tailored specifically to ensure you experience the best physical, emotional and therapeutic benefits depending on your needs.

ESPA Signature Back, Face and Scalp Treatment

(with or without hot stones)

85min £90

Renowned as our 'Hero' treatment, this ESPA experience targets three key areas. Drift away with a back exfoliation and soothing massage with hot stones followed by a luxurious personalised facial with a mind calming scalp massage to nourish and refresh your skin and leave you totally pampered and relaxed.

ESPA Body Wrap

55min £60

This personalised body wrap is a tailor-made experience. Following skin brushing and exfoliation, a complete body wrap of Marine Algae or Marine Mud combined with essential oil to meet your skins needs is applied. Skin feels nourished and hydrated and the mind left totally relaxed after a soothing scalp massage.

Vyrnwy Signature Hot Poultice Treatment

85min £90

A soothing full body massage, including face and scalp, incorporating use of a warm herbal poultice to ease muscular aches & pains, and restore the body's natural balance.

Rasul

1 person

2 People

The perfect treatment to share with a friend or partner.

spa FIND
NATURAL MINERAL THERAPY

£35

£30 per person

This is a self applied treatment in your own private changing and steam room. We will present you with the finest sea salt scrub and Rasul mud for you to lavish over your face and body. As the mud dries it draws out toxins from your skin. As you relax in the glow of mood enhancing lighting, natural aromatherapy oil infused steam softens the mud before you shower it off. This leaves the skin detoxified, wonderfully smooth and incredibly soft.

Rasul Experience

90 min (approx)

Immerse your senses and prepare mind and body for an indulgent and relaxing experience.

spa FIND
NATURAL MINERAL THERAPY

£60

Your experience will begin with a therapist applying a skin softening exfoliation, which combines sea salts with essential oils to leave your skin nourished, smooth and supple, followed by an oriental scalp massage using pressure points to release tension. Your experience concludes in our Rasul chamber where a selection of nourishing muds are used to soothe tense muscles before a warm shower leaves the skin feeling smooth and the mind clear.



Massage

Unwind with a massage. All of these treatments can be personalised based on your needs to either relax or revive your body.

Hot Stone Massage

55 min

£65

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains, helping you to unwind.

ESPA Deep Muscle Massage

55 min

£65

A powerful muscle melting massage using specialised techniques concentrating on specific areas of concern alleviating deep seated tension and muscular stress.

Aromatherapy Massage

55 min

£60

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils.

Your therapist will carry out a consultation at the beginning of your treatment which will include the ESPA Sensory testing technique to determine the most suitable aromatherapy oil for you.

Swedish Massage

55 min

£60

The most traditional, Swedish Massage is a fast paced, stimulating full body massage. Firm pressure is used to help ease tension and soothe tired aching muscles leaving you relaxed and revived.

ESPA Muscle Reviver

40 min

£50

This deeply soothing back, face and stress releasing scalp massage is an ideal way to melt away tension and relieve tight muscles. You will feel revived and invigorated for the day ahead or calmed and relaxed for a peaceful night's sleep.

A nourishing Salt & Oil Scrub can be added to any of our massages to prepare the skin.




ESPA
Regenerating
Moisture Complex /
A RICHLY REPLENISHING
AGE-DEFYING COMPLEX
FOR FIRMER, SMOOTHER SKIN


ESPA
Replenishing
Face Treatment
Oil /
A DEEPLY NOURISHING
FACIAL TREATMENT
TO SOFTEN, REVITALISE
AND REWIND

Express Treatments

All of these treatments are perfect as stand-alone treatments or taken in harmony with any of our ESPA experiences.

Back, Neck and Shoulder Massage

25 min £35

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with an ESPA Body Oil to suit your needs.

Hot stones can be added to this treatment to penetrate warmth and help ease aches and pains. Please book this in advance to avoid disappointment.

Personalised Express Facial

25 min £35

Every ESPA personalised facial includes a consultation, cleanse, exfoliation, personalised facial mask and finishes with an application of booster serum to leave your skin feeling pampered and refreshed.

Lift & Firm Eye Treatment

25 min £30

Perfect for those who are concerned with the first signs of aging around the eyes.

An effective firming and hydrating treatment helping to reduce the appearance of fine lines and should relieve tension from eye-strain and computer headaches; Incorporating a cleanse, exfoliation, massage and application of our lift and firm eye serum.

Salt and Oil Scrub

25 min £30

This exceptional skin softening exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple.

Perfect as a stand-alone treatment, or in preparation for an ESPA full body massage

Invigorating Foot Treatment

25 min £30

Sit back and relax as this refreshing exfoliation and deeply therapeutic foot and lower leg massage helps reduce puffiness and soothe aches and pains on tired feet and heavy legs.



ESPA *for Men*

While all our treatments are suitable for our male clients, we have selected treatments especially designed for men. ESPA treatments for men allow for deeper massage to either relax or energise your body.

Deep Muscle Massage

55 min

£65

A powerful muscle melting massage using specialised techniques; concentrating on specific areas of concern alleviating deep seated tension and muscular stress, leaving you feeling revitalised and de-stressed.

Muscle Reviver

40 min

£50

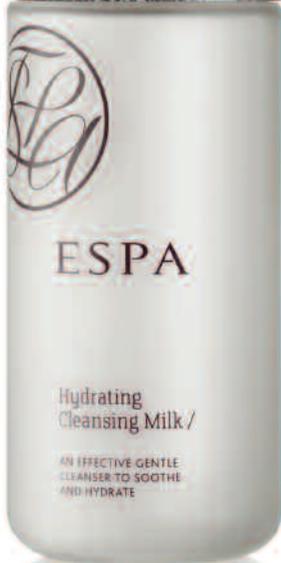
This deeply soothing back, face and stress releasing scalp massage is an ideal way to melt away tension and relieve tight muscles. You will feel revived and invigorated for the day ahead or calmed and relaxed for a powerful night's sleep.

Men's Shoulder, Neck & Face Massage

55 min

£60

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, this personalised treatment combines a relaxing shoulder, neck, face and scalp massage with tailored solution to your skins needs.



Maternity

These selected treatments have been carefully designed for those who are expecting or have just had a baby. Designed to nourish the skin and relax the mind. We have chosen these specific treatments as they are appropriate for mothers to be from 12 weeks.

Mothers to be can enjoy any of our personalised skin facials, as well as...

Massage

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy.

25 min back massage £35

55 min full body massage £60

Gentle back exfoliation followed by a soothing body and scalp massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalise.

85 min £90



Jessica Deluxe Manicure JESSICA
55min £40

A “facial” for the hands including a cleanse, exfoliation and mask with heat treatment, as well as a cuticle tidy up, file and polish. This manicure will leave your hands feeling silky smooth and firm.

Includes a mini colour to take home with you.



Deluxe Pedicure JESSICA
55min £45

This treatment is a “facial” for the feet and includes a foot soak, exfoliation, hard skin removal, a mask with heated booties and foot massage leaving your feet feeling silky smooth and nourished. Followed by a cuticle tidy up, file and polish.

Includes a mini colour to take home with you.

ESPA Invigorating Foot Treatment
25 min £30

This revitalising ESPA treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains.

Beautiful feet need beautiful toes - add a file & polish to your treatment for the ultimate pamper experience.



JESSICA®

Jessica Finishing Touches

Jessica Deluxe Manicure

55min

£40

A “facial” for the hands including a cleanse, exfoliation and mask with heat treatment, as well as a cuticle tidy up, file and polish. This manicure will leave your hands feeling silky smooth and firm.

Includes a mini colour to take home with you.

Jessica Manicure

40min

£30

A hydrating manicure that includes exfoliation, a cuticle tidy up, file and polish. Leaving your hands nourished and your nails shaped and polished.

Includes a mini colour to take home with you.

Jessica File and Polish

25min

£15

On the go? Treat yourself to a basic file and polish.

Deluxe Pedicure

55min

£45

This treatment is a “facial” for the feet and includes a foot soak, exfoliation, hard skin removal, a mask with heated booties and foot massage leaving your feet feeling silky smooth and nourished. Followed by a cuticle tidy up, file and polish.

Includes a mini colour to take home with you.

Jessica Pedicure

40min

£30

A nourishing pedicure during which your feet will be soaked, exfoliated, moisturised and a cuticle tidy up, followed by a file and polish.

Includes a mini colour to take home with you.

Protect your Finishing Touches with GELeration Polish

£10

GELeration’s gel formula delivers a long lasting, flawless finish that’s dry in seconds and protects the natural nail.



With a View to Gym

Continue your journey of rejuvenation by visiting our fully equipped Fitness Suite.

Located on the first floor of the hotel, you will be hard pressed to find a gym with a better view! Looking out at the scintillating scenery we have here at Lake Vyrnwy Hotel is surely the only way to gym... a natural motivator.

Use of the technogym is complimentary to all hotel residents and available to over 16's only. We do ask that those under the age of 18 are supervised whilst using the fitness suite. Strictly no children.

Those wishing to use the gym can do so by simply signing in at the Spa first.

Fitness Suite Opening Hours:

Sunday & Monday 9.30am - 7.00pm

Tuesday - Saturday 9.30am - 8.00pm

...However, those wanting to fit in an early morning workout can do so by contacting the main reception for access, please be courteous to those still sleeping.

The Art of Spa

Opening Times

Spa Opening Hours:

Sunday & Monday 9.30am - 7.00pm

Tuesday - Saturday 9.30am - 8.00pm

Latest entry into the Thermal Suite is 1 hour prior to the Spa closing time.

Spa Treatment Hours:

Sunday & Monday 10.00am - 6.00pm

Tuesday - Saturday 10.00am - 7.00pm

Guests

For the comfort and enjoyment of our guests, Lake Vyrnwy Spa is designed as an adult experience, and as such is open to those over the age of 18.

Scheduling an Appointment

As a busy Spa, we strongly recommend that treatments are booked in advance, prior to arrival to avoid disappointment.

Please call 01691 870917 to book your appointment with the Lake Vyrnwy Spa team.

Cancellations

As a courtesy to other guests please allow a 24 hour notice period when cancelling appointments.

As you will understand, appointments cancelled within the final 24 hours that cannot be filled may be charged for.

Preparation

It is recommended that no alcohol is consumed prior to your visit to Lake Vyrnwy Spa, and we also recommend that you consume adequate amounts of water following your treatments.

Special Consideration

Please notify our Lake Vyrnwy Spa team if you are pregnant or have any medical conditions as some of our treatments may not be suitable. Our therapists will be happy to discuss special requirements and advise on the most suitable treatments for you.

Courtesy

We ask that all mobile phones are turned off on entry to the spa and placed in your locker to ensure tranquillity for all.

Arrival at Lake Vyrnwy Spa

To ensure that you do not miss out on your full spa treatment time, plan to arrive at Lake Vyrnwy Spa at least 30 minutes before your first treatment. This will enable you to familiarise yourself with your surroundings, change into your robe and slippers and complete your consultation form.

Please note that late arrival to the Lake Vyrnwy Spa may result in treatment time being changed accordingly.

Attire

Correct fitness attire is essential to use the gym and swimwear for use of the Thermal Suite.

For treatments it is quite normal to wear underwear, we can provide disposable briefs if you prefer. Please do not worry, your modesty will be protected by our expert therapists at all times.

Valuables

We ask that you do not wear jewellery for any Lake Vyrnwy Spa treatments, instead place in your given locker. Lake Vyrnwy Spa accepts no responsibility for loss of valuables and jewellery at any time on spa premises.

The Thermal Suite

Use of our Thermal Suite is £10 per person, per day for residential guests.

For day visitors and non-residential guests use of the Thermal Suite is £20 per person, per day.

Gift Vouchers

Why not pamper a friend? Please ask a member of the Lake Vyrnwy team for details of available Gift Vouchers.

Homecare

To continue your Spa Experience at home, most products used in our treatments are available to purchase.



LAKE VYRNWY
HOTEL & SPA



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